



Teen
Health
Course 1
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STANDARDS	PAGE REFERENCES
<p>STANDARD 1 Students comprehend concepts related to health promotion and disease prevention.</p>	
<p>ESSENTIALS (Grades 4-8) Students know and are able to do all of the above and the following:</p>	
<ul style="list-style-type: none"> • 1CH-E1. Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death 	
<p>PO 1. Illustrate how positive health behaviors can prevent common injuries, diseases and conditions</p>	<p>Student Edition: 7, 8-13, 128-129, 189, 195, 197 <i>Health Skills Activity</i> 152, 199 <i>Building Health Skills</i> 176-177, 204-205 Teacher Wraparound Edition: WT 12</p>
<p>PO 2. Illustrate the harmful effects of use of tobacco, alcohol and other drugs</p>	<p>Student Edition: 195, 198, 212-217, 220, 230-233, 240-245 <i>Health Skills Activity</i> 152, 216 <i>Photo</i> 219 <i>Quick Write</i> 230 <i>Time Health</i> 250-251 Teacher Wraparound Edition: CT 215</p>

STANDARDS	PAGE REFERENCES
<ul style="list-style-type: none"> 1CH-E2. Describe the interrelationship of mental, emotional, social and physical health during adolescence 	
<p>PO 1. Describe how thoughts, feelings, dealing with people and being physically healthy are all interconnected</p>	<p>Student Edition: 4-5, 10-13, 133, 135 <i>Quick Write</i> 133 Teacher Wraparound Edition: HL 5</p>
<p>PO 2. Illustrate how the variables stated above (in PO 1) interact as seen in case studies, movies, etc.</p>	<p>Student Edition: <i>Media Watch</i> 18 <i>Quick Write</i> 218</p>
<ul style="list-style-type: none"> 1CH-E3. Explain how health, growth and development are influenced by the interaction of body systems, genetics, environment and lifestyle 	
<p>PO 1. Develop a plan for a healthy environment and lifestyle and apply it to health, growth and development</p>	<p>Student Edition: 20-23, 138-141 <i>Hands On Health</i> 6 <i>Quick Write</i> 8, 20 <i>Health Skills Activity</i> 22 <i>Applying Health Skills</i> 23, 141 Teacher Wraparound Edition: C 141</p>
<ul style="list-style-type: none"> 1CH-E4. Describe how family and peers influence the health of adolescents 	
<p>PO 1. Illustrate how family and peers affect the choices you make regarding health</p>	<p>Student Edition: 10, 56, 63-65, 126, 219, 230 <i>Health Skills Activity</i> 11 <i>Building Health Skills</i> 26-27, 252-253 <i>Figure</i> 54, 100 <i>Thinking Critically</i> 65 Teacher Wraparound Edition: C 221; HL 123</p>
<ul style="list-style-type: none"> 1CH-E5. Explain how environmental health and personal health are interrelated 	
<p>PO 1. Compare healthy environments and healthy people with unhealthy environments and unhealthy people</p>	<p>Student Edition: 196-201, 278-280 Teacher Wraparound Edition: AK 198; D 279</p>

STANDARDS	PAGE REFERENCES
<ul style="list-style-type: none"> 1CH-E6. Describe ways to reduce risks related to adolescent health problems 	
PO 1. Identify personal health behaviors that reduce health problems	Student Edition: 4-7, 8-13, 128-129, 189, 195, 197 <i>Hands On Health</i> 6 <i>Applying Health Skills</i> 7, 186 <i>Health Skills Activity</i> 152, 199 <i>Building Health Skills</i> 176-177, 204-205 Teacher Wraparound Edition: WT 12
<ul style="list-style-type: none"> 1CH-E7. Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems 	
PO 1. Describe how living a healthy lifestyle and knowing family health history can help a person live a more healthy life	Student Edition: 8-13, 133-135, 196-198, 220 <i>Building Health Skills</i> 176-177, 204-205 <i>Health Skills Activity</i> 199 Teacher Wraparound Edition: WT 12
<ul style="list-style-type: none"> 1CH-E8. Explain how basic nutrients are utilized by the body and the relationship of a balanced diet and essential nutrients to appropriate weight, appearance and wellness 	
PO 1. Classify nutrients and their uses in the body	Student Edition: 117-120, 121-123 <i>Health Skills Activity</i> 119 <i>Applying Health Skills</i> 120 <i>Thinking Critically</i> 120 Teacher Wraparound Edition: CLA 118
PO 2. Apply this knowledge of nutrients and balanced diets to your weight, appearance and wellness	Student Edition: 121-124, 127-131 <i>Applying Health Skills</i> 120 <i>Thinking Critically</i> 120 <i>Quick Write</i> 121 <i>Hands On Health</i> 125 <i>Developing Good Character</i> 155 Teacher Wraparound Edition: MA 131

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<p>STANDARD 2 Students demonstrate the ability to access accurate health information.</p> <hr/> <p>ESSENTIALS (Grades 4-8) <i>Students know and are able to do all of the above and the following:</i></p> <hr/> <ul style="list-style-type: none"> • 2CH-E1. Obtain and utilize accurate health resources from home, school and community 	
<p>PO 1. Apply health information from home, school and community</p>	<p>Student Edition: 9, 100-103, 106-107 <i>Applying Health Skills</i> 13, 107 <i>Time Health</i> 24-25 <i>Figure</i> 101 <i>Health Skills Activity</i> 119 Teacher Wraparound Edition: BC 24; CCA 9</p>
<ul style="list-style-type: none"> • 2CH-E2. Describe how media influences the selection of health information and products (e.g., exercise equipment, cosmetics) 	
<p>PO 1. Illustrate how the media affects what you know about health and health products</p>	<p>Student Edition: 10, 101, 219 <i>Building Health Skills</i> 26-27, 110-111 <i>Figure</i> 100 <i>Applying Health Skills</i> 107, 221 <i>Media Watch</i> 214, 238 Teacher Wraparound Edition: HL 101, 222</p>
<ul style="list-style-type: none"> • 2CH-E3. Compare the costs and effectiveness of health products 	
<p>PO 1. Describe similar health products' cost and effectiveness in treating health problems</p>	<p>Student Edition: 101-103 <i>Figure</i> 101 <i>Health Skills Activity</i> 102 <i>Synthesize</i> 103 <i>Building Health Skills</i> 110-111 Teacher Wraparound Edition: CCA 102</p>

STANDARDS	PAGE REFERENCES
<ul style="list-style-type: none"> 2CH-E4. Describe situations requiring professional health services 	
PO 1. Same as concept	Student Edition: 59, 91, 104-105, 191 <i>Health Skills Activity</i> 39 Teacher Wraparound Edition: D 105, 194
<ul style="list-style-type: none"> 2CH-E5. Identify emergency preparedness and emergency resources (e.g., first aid, CPR) 	
PO 1. Describe a variety of emergency situations	Student Edition: 270-271, 273-276 <i>Health Skills Activity</i> 277 Teacher Wraparound Edition: C 277
PO 2. List emergency resources	Student Edition: 272-276 <i>Health Skills Activity</i> 270 <i>Quick Write</i> 272 <i>Developing Good Character</i> 273 <i>Applying Health Skills</i> 277 Teacher Wraparound Edition: BC 273
STANDARD 3 Students demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	
ESSENTIALS (Grades 4-8) <i>Students know and are able to do all of the above and the following:</i>	
<ul style="list-style-type: none"> 3CH-E1. Explain the importance of assuming responsibility for personal health behaviors 	
PO 1. Illustrate examples of responsible healthy behavior	Student Edition: 17, 56 <i>Developing Good Character</i> 5, 17, 56, 235 <i>Analyze</i> 29 <i>Health Skills Activity</i> 57 Teacher Wraparound Edition: CLA 18

STANDARDS	PAGE REFERENCES
<ul style="list-style-type: none"> 3CH-E2. Identify strengths of, and risks to, one's personal and family health (e.g., heart disease, diabetes, high blood pressure) and implement strategies to improve or maintain both 	
PO 1. Rank personal and family strengths and risks	Student Edition: 196 <i>Figure 196</i> Teacher Wraparound Edition: QW 196
PO 2. Develop a plan that would improve health and reduce risks	Student Edition: 197-201 <i>Health Skills Activity 199</i> <i>Thinking Critically 201</i> Teacher Wraparound Edition: C 201; D 198
PO 3. Explain plan's effectiveness	Student Edition: 199 <i>Health Skills Activity 199</i> Teacher Wraparound Edition: D 198
<ul style="list-style-type: none"> 3CH-E3. Distinguish between responsible and risky/harmful behaviors (e.g., responsible: exercise, sleep, nutrition; risky: the use of tobacco, alcohol and other drugs) 	
PO 1. Identify responsible and risky behaviors	Student Edition: 10, 14, 17, 39, 232, 235, 258 <i>Developing Good Character 5, 56, 155</i> Teacher Wraparound Edition: D 10
<ul style="list-style-type: none"> 3CH-E4. Develop injury prevention and management strategies for personal and family health including ways to avoid and reduce threatening situations 	
PO 1. Identify existing prevention and management strategies regarding personal and family health	Student Edition: 258-259, 261-265, 266-271 <i>Thinking Critically 81, 271</i> <i>Quick Write 258</i> <i>Health Skills Activity 260, 264, 270</i> Teacher Wraparound Edition: QW 258

STANDARDS	PAGE REFERENCES
PO 2. Identify ways to avoid threatening situations	Student Edition: 71-75, 264-265 <i>Thinking Critically</i> 81 <i>Health Skills Activity</i> 264 Teacher Wraparound Edition: WT 74
<ul style="list-style-type: none"> • 3CH-E5. Demonstrate strategies to manage stress 	
PO 1. Choose five ways to reduce stress	Student Edition: 41-45 <i>Quick Write</i> 41 <i>Hands On Health</i> 44 <i>Time Health</i> 46-47 <i>Building Health Skills</i> 48-49 <i>Suggest</i> 51 Teacher Wraparound Edition: T 46
<ul style="list-style-type: none"> • 3CH-E6. Perform basic safety, first aid and life saving techniques 	
PO 1. Apply basic first aid and basic life saving techniques	Student Edition: 272-276 <i>Applying Health Skills</i> 277 Teacher Wraparound Edition: C 277
<p>STANDARD 4 Students analyze the influence of culture, media, technology and other factors on health.</p> <hr/> <p>ESSENTIALS (Grades 4-8) <i>Students know and are able to do all of the above and the following:</i></p> <hr/> <ul style="list-style-type: none"> • 4CH-E1. Describe health behaviors and the use of health services in different cultures and explain the factors responsible for the differences 	
PO 1. Distinguish how different cultures utilize health services	Teacher Wraparound Edition: BC 202 can be used to help facilitate this goal
PO 2. Describe the factors responsible for the differences in health care	Student Edition: 106-107 <i>Recall</i> 107 Teacher Wraparound Edition: BC 202; S 107

STANDARDS	PAGE REFERENCES
<ul style="list-style-type: none"> 4CH-E2. Explain how messages from media and other sources influence health behaviors 	
PO 1. Identify a variety of media messages and determine how they influence your health	Student Edition: 10, 101, 219 <i>Building Health Skills</i> 26-27, 110-111 <i>Applying Health Skills</i> 107, 221 <i>Media Watch</i> 214, 238 Teacher Wraparound Edition: HL 101, 222
<ul style="list-style-type: none"> 4CH-E3. Describe the influence of technology on personal and family health 	
PO 1. Describe five ways that technology can hurt or improve your health	Student Edition: 10, 96-97, 189-190, 198-199, 201 <i>Figure</i> 98 <i>Applying Health Skills</i> 99, 107 <i>Time Health</i> 203 <i>Photo</i> 271 Teacher Wraparound Edition: CCA 9, 10; HL 192; MA 96
<ul style="list-style-type: none"> 4CH-E4. Describe how information from peers influences health 	
PO 1. Same as concept	Student Edition: 10, 60-63, 73, 219 <i>Thinking Critically</i> 65 <i>Time Health</i> 222-223 Teacher Wraparound Edition: C 221; MA 15
<p>STANDARD 5 Students demonstrate the ability to use interpersonal skills to enhance health.</p> <hr/> <p>ESSENTIALS (Grades 4-8) <i>Students know and are able to do all of the above and the following:</i></p> <hr/>	
<ul style="list-style-type: none"> 5CH-E1. Demonstrate ways to communicate care, consideration and respect of self and others 	
PO 1. Choose five ways you can show respect for self and others	Student Edition: 17, 72 <i>Developing Good Character</i> 5, 72, 167 <i>Health Skills Activity</i> 34

STANDARDS	PAGE REFERENCES
<ul style="list-style-type: none"> 5CH-E2. Identify the causes of conflict among youth in schools and communities and demonstrate refusal and negotiation skills to enhance health 	
PO 1. Identify a minimum of two reasons for conflict among young people	Student Edition: 70 Teacher Wraparound Edition: EI 71
PO 2. Apply two ways to let the other person know that you mean "no" to something you do not want	Student Edition: 9, 11, 64-65, 221, 246 <i>Applying Health Skills</i> 40 <i>Health Skills Activity</i> 64, 248 <i>Building Health Skills</i> 224-225 Teacher Wraparound Edition: GS 64
PO 3. Apply two things you can use to come to an agreement in a conflict and foster health	Student Edition: 11, 72-75 <i>Developing Good Character</i> 72 <i>Building Health Skills</i> 78-79 Teacher Wraparound Edition: CLA 72; D 72
<ul style="list-style-type: none"> 5CH-E3. Demonstrate strategies to manage conflict in healthy ways 	
PO 1. Determine which ways can control conflict	Student Edition: 71 <i>Photo</i> 71 <i>Developing Good Character</i> 72 <i>Building Health Skills</i> 78-79 Teacher Wraparound Edition: WT 74
PO 2. Apply five healthy ways to control conflict	Student Edition: 71 <i>Photo</i> 71 <i>Developing Good Character</i> 72 <i>Building Health Skills</i> 78-79 Teacher Wraparound Edition: WT 74

STANDARDS	PAGE REFERENCES
<p>STANDARD 6 Students demonstrate the ability to use goal setting and decision-making skills to enhance health.</p> <hr/> <p>ESSENTIALS (Grades 4-8) <i>Students know and are able to do all of the above and the following:</i></p> <hr/> <ul style="list-style-type: none"> • 6CH-E1. Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively 	
<p>PO 1. Describe collaboratively the decision-making process</p>	<p>Student Edition: 12, 14-19 <i>Quick Write</i> 14 <i>Developing Good Character</i> 17 <i>Health Skills Activity</i> 18 <i>Thinking Critically</i> 19 <i>Applying Health Skills</i> 19 <i>Building Health Skills</i> 144-145, 252-253 Teacher Wraparound Edition: MA 15</p>
<p>PO 2. List three alternatives and consequences regarding a health issue</p>	<p>Student Edition: 16-17 <i>Quick Write</i> 14 <i>Health Skills Activity</i> 18, 57 <i>Building Health Skills</i> 144-145, 252-253 Teacher Wraparound Edition: D 15; QW 14</p>
<p>PO 3. Collectively choose which solution best fits the health issue</p>	<p>Student Edition: 16-18 <i>Quick Write</i> 14 <i>Health Skills Activity</i> 18, 57 <i>Building Health Skills</i> 48-49, 144-145, 252-253 Teacher Wraparound Edition: D 15; QW 14</p>

STANDARDS	PAGE REFERENCES
<ul style="list-style-type: none"> 6CH-E2. Explain how decisions regarding health behaviors have consequences for self and others 	
PO 1. Identify five (positive or negative) health behaviors that relate to adolescence	Student Edition: 14, 17, 19, 165-169, 191-195, 218, 230 <i>Health Skills Activity</i> 18, 152 <i>Time Health</i> 222-223 Teacher Wraparound Edition: C 221
PO 2. Explain the consequences of the above health behaviors	Student Edition: 14, 17, 19, 191-193, 212-215, 218, 230-233 <i>Health Skills Activity</i> 18, 152, 199, 216 <i>Quick Write</i> 240 Teacher Wraparound Edition: CT 215
<ul style="list-style-type: none"> 6CH-E3. Describe how personal health goals are influenced by information, abilities, priorities and responsibilities 	
PO 1. Identify three personal health goals	Student Edition: 20-23, 138 <i>Health Skills Activity</i> 22, 140 <i>Applying Health Skills</i> 23 Teacher Wraparound Edition: BC 140
PO 2. Correlate the relationship between knowledge of health and personal selected goals	Student Edition: 20-23, 138 <i>Health Skills Activity</i> 22, 140 Teacher Wraparound Edition: BC 140
<ul style="list-style-type: none"> 6CH-E4. Develop a plan that addresses personal strengths, needs and health risks, and apply strategies and skills needed to attain personal health goals 	
PO 1. Develop three personal health goals	Student Edition: 138-139 <i>Health Skills Activity</i> 22, 140 <i>Applying Health Skills</i> 23, 141 Teacher Wraparound Edition: BC 140

STANDARDS	PAGE REFERENCES
PO 2. Design a plan to improve strengths, realize needs, and reduce health risks	Student Edition: 138-141 <i>Health Skills Activity 22, 140</i> <i>Applying Health Skills 23, 141</i> <i>Synthesize 29</i> Teacher Wraparound Edition: BC 140; C 141; D 139
PO 3. Describe attainment of personal health goals	Student Edition: <i>Health Skills Activity 22, 140</i>